



INSTRUCTIONS FOR NEW MEMBERS

Welcome to the La Mesa Senior Softball Association. We are pleased to have you with us and we hope you enjoy our group. The following general instructions are meant to help you get started and know what to expect.

First and most importantly, do not worry about your playing ability. We have positions for people with basic softball skills and you do not need to feel inadequate or embarrassed. All players are encouraged to play. Also, we strongly suggest that you start slowly and do not force yourself. Pulled muscles are all too common with the newest players. Pre-game stretching and running will help.

FEES AND DUES: Annual Dues are \$100.00 and payable by December 1st for the following year. Annual dues are prorated for the current year for your entrance fee. You are also required to purchase a uniform Shirt and Cap. A summary of the fees is shown below. Make checks payable to La Mesa Senior Softball Association and submit to a league officer. For the current list of officers refer to the "A" web site at www.LMSSB.org/officers or to the "B" web site at www.lmbleague.wixsite.com/lmbl

SHIRTS AND HATS: Players are required to have the correct color of uniform jersey when they change teams. There are currently 9 colors in use. Players are required to purchase a new jersey if they don't already have the correct color. See Kurtis McHale for current prices and for the types of hats and jerseys. The prices are low but can fluctuate.

BATS: Bats must be ASA 1.20 approved and you will need to provide your own bat. If you are 75 years or older or a female, you are also allowed to use any 1.21 approved "senior" bat.

TEAMS AND MANAGERS: Currently there are two divisions in La Mesa Senior Softball, an "A" Division and a "B" Division. Playing skill determines which division a player is assigned to. Most players will begin in the "B" Division. Games there are played three days per week on Monday, Wednesday and Friday, year round. The "A" Division will play on a twice a week schedule consisting of Mondays, Wednesdays and Fridays. You will only play a total of twice per week but the schedule of days varies each week, and will be year round.

New teams with new managers are created four times per year, resulting in most players being on different teams with a different color than the previous season. All players report to their team manager for playing assignments. You must wear the colored shirt and a LMMSB hat that has been designated for your team during all regularly scheduled games.

SCHEDULE: You will receive a game schedule and it will designate the date, time and field where your team is to play each game. The "A" Division plays on Sunset #1, the "B" Division plays on multiple fields. Normally used are Kuhlken Field at Memorial Drive and University Avenue, near the La Mesa Recreation Center, and at the back field at Sunset Park (Sunset #2). The entrance for Sunset Park is located west and of Lake Park Way (opposite the Jiffy Lube). Lake Park Way runs north off of Lake Murray Blvd., one block west of Baltimore Drive. "A" Division games start at 8:30/10:00/11:30a.m. on Monday and Wednesday and 9:00/10:30 a.m. on Friday. It is important that you notify your team manager if you are going to be late or miss a game(s). Consult your team rooster for all members and their phone numbers.

APPLICATION: "A" Division, see Mark Stern (858) 349-6035. "B" Division, see Andy Perez (619) 760-5497.